

# MAYO CLINIC Health Risk Assessment



With the New Year upon us, many people see January 1st as a perfect opportunity to make a positive change in their life. New Year's resolutions are popular in our culture, but these resolutions are also notorious for turning into failed attempts at behavior change. What if you could make the first step towards better health in 15 minutes and be entered to win a \$100? The Mayo Clinic Health Risk Assessment (HRA) offers an opportunity to begin making 2008 a healthier year.

The HRA is a confidential tool that gathers information designed to help prioritize your health risks and guide your health choices. When you take the Mayo Clinic HRA, you will find out about health risks you may not even realize you have and how healthy choices will help you. The HRA will immediately generate your own Personal Health Report.

Take the Mayo Clinic Health Risk Assessment (HRA), and you are automatically entered to win one of five hundred, \$100 Premiere Choice Awards. These awards are redeemable online for gift certificates and gift cards from hundreds of national retailers, specialty merchandise, travel vouchers, phone cards, and entertainment products.

HRA participants may also be eligible to receive FREE lifestyle coaching from the Mayo Clinic. The Lifestyle Coaching programs offer confidential, one-on-one telephonic counseling based on your personal health goals. The program will help you:

- Understand the impact of choices that affect your health
- Identify barriers to changing your health habits
- Build skills to help change behavior and improve your health
- Increase motivation and self-confidence

All benefit-eligible State employees and their dependants are eligible to take the HRA.

## How do I get started?

- Log on to [www.bewellstaywell.az.gov](http://www.bewellstaywell.az.gov)
- Complete the registration by entering in your Employee Identification Number (EIN) and a unique email address
- Receive an email confirmation of registration
- Follow the email link to the web portal to take the HRA

## EmbodyHealth Web Portal

After registering for the HRA, participants will also have access to the **Mayo Clinic EmbodyHealth Web Portal** all year long. This FREE interactive personal health management tool offers many programs such as:

- Monitor My Health
- Connect with Others
- Improve Lifestyle Habits
- Health Info A-Z
- Manage Chronic Conditions
- Make Treatment Decisions



## Know Your Numbers Campaign

The Benefit Options Wellness *Know Your Numbers* campaign offers FREE health screenings throughout the State to enhance your HRA results. Attending a screening is *not required* to participate in the HRA, but your screening results will make your HRA more meaningful. Please see page 2 for the schedule of screenings throughout the State.

**Remember: Those who complete the Mayo Clinic HRA between February 4 and March 28 will be entered to win one of five hundred, \$100 Premiere Choice Awards. It's easy, 15 minutes = health risk assessment + a chance to win**



# wellNEWS

## Holiday Edition



From the Arizona  
Department of  
Administration, Benefit  
Options Wellness  
Program

2008

# "Know Your Numbers" Campaign

Benefit Options Wellness is providing FREE health screenings for State employees January 1 through February 29th to prepare for the 2008 Mayo Clinic HRA. The screenings are not required to participate in the HRA campaign but measuring these health indicators may enhance your HRA results. **Worksite screenings listed in the schedule below** include: a fasting cholesterol and full lipid panel, fasting blood glucose, blood pressure, and body composition. An 8-hour fast is recommended for employees wishing to attend one of the at-work "Know Your Numbers." To accommodate employees that are unable to attend an at-work screening **Healthwaves' public screenings** at local Fry's supermarkets will also be available at NO COST from January 1 to February 29. The Healthwaves' public screenings are more brief and will only include the full lipid panel, cholesterol, and blood glucose.

City	Date	Day	Time	Location	Room	Agency	Contact	Phone
Tucson	January 4, 2008	Friday	8:00am-10:00am	400 W. Congress	158	ADOA	Maria Murphy	520-628-6592
Mesa	January 9, 2008	Wednesday	7:30am-9:30am	460 N. Mesa Dr., Suite 101	Conference Room	AHCCCS	Heather Keller	602-417-4884
Phoenix	January 10, 2008	Thursday	7:30am-9:30am	701 E. Jefferson	3rd Floor Gold Conf. Room	AHCCCS	Heather Keller	602-417-4884
Chinle	January 29, 2008	Tuesday	9:00am-10:30am	Next to general store, Highway 191, 86503	Conference Room	AHCCCS	Heather Keller	602-417-4884
Flagstaff	January 31, 2008	Thursday	9:00am-10:30am	3480 E. Route 66		AHCCCS	Heather Keller	602-417-4884
Tucson	February 1, 2008	Friday	8:00am-10:00am	1200 W. Speedway	Apache Basement	ASDB	John Counts	520-770-3234
Prescott	February 4, 2008	Monday	9:00am-10:30am	1570 Willow Creek Road		AHCCCS	Heather Keller	602-417-4884
Cottonwood	February 5, 2008	Tuesday	9:00am-10:30am	One N. Main St.	Conference Room	AHCCCS	Heather Keller	602-417-4884
Showlow	February 7, 2008	Thursday	9:00am-10:30am	580 E. Old Linden Rd., Suite 3	Conference Room	AHCCCS	Heather Keller	602-417-4884
Sierra Vista	February 11, 2008	Monday	9:00am-10:30am	484 E. Wilcox Drive		AHCCCS	Heather Keller	602-417-4884
Tucson	February 12, 2008	Tuesday	9:00am-10:30am	110 S. Church Ave., Suite 5132	Conference Room	AHCCCS	Heather Keller	602-417-4884
Casa Grande	February 13, 2008	Wednesday	9:00am-10:30am	500 N. Florence St.		AHCCCS	Heather Keller	602-417-4884
Kingman	February 19, 2008	Tuesday	9:00am-10:30am	519 E. Beale St., Suite 150	Conference Room	AHCCCS	Heather Keller	602-417-4884
Phoenix	February 22, 2008	Friday	8:00am-10:00am	1535 W. Jefferson	Room 417	DOE	Mindy Thiessen	602-542-3186
Prescott	February 25, 2008	Monday	8:00am-10:00am	1519 W. Gurley	Conference Room	DES	Denyse Lutz	928-277-2731
Phoenix	February 26, 2008	Tuesday	8:00am-10:00am	2005 N. Central	Room 100	DOE	Mindy Thiessen	602-542-3186
Yuma	February 27, 2008	Wednesday	9:00am-10:30am	3850 W. 16th St., Suite B	Conference Room	AHCCCS	Heather Keller	602-417-4884
Lake Havasu City	February 28, 2008	Thursday	9:00am-10:30am	285 S. Lake Havasu	Conference Room	AHCCCS	Heather Keller	602-417-4884

*This schedule is not a complete list of screening events offered. The dates and times of screenings are subject to change, and Benefit Options Wellness and Healthwaves are continuing to include additional sites in the schedule. It is strongly encouraged that you review the schedules on the Benefit Options Wellness website: [www.benefitoptions.az.gov/wellness](http://www.benefitoptions.az.gov/wellness) or Healthwaves: [www.healthwaves.com](http://www.healthwaves.com) before attending a screening event.*

Upcoming Events





2008



# Upcoming Events

## Thinking about quitting?

Did you make a New Year's resolution to quit? Looking for support? Walgreens Health Initiatives (WHI) is offering a **FREE tobacco cessation program** for Benefit Options members called The Healthful Living Tobacco-Free Program™. All Benefit Options members (enrolled in the medical/health plan) are eligible to register for the program.

The program includes an initial registration phone call (approximately 20-30 minutes), a binder filled with step-by-step quitting advice, health education, and motivational information. A pharmacist will contact the member periodically to check progress and provide counseling. The program includes 8 - 11 calls. The program also includes coordination with the member's physician. Once the member and counselor determine the best smoking cessation product, WHI will contact his or her provider for a prescription.

**Members may register for the program between January 2, 2008 and February 28, 2008 by telephone: 1-866-202-4665 (M-F 8am-8pm CST), or online: [www.mywhi.com/tobaccofree](http://www.mywhi.com/tobaccofree).**



Members must be sure to mention the client identification number 512298 or identify themselves as a State of Arizona Employee.

Kick off the New Year by contacting WHI and beginning your journey towards a tobacco free future today! Visit [www.benefitoptions.az.gov/wellness](http://www.benefitoptions.az.gov/wellness) for more information.

### Massage Therapy At Work

#### *Your Holiday Stress Relief Opportunity*

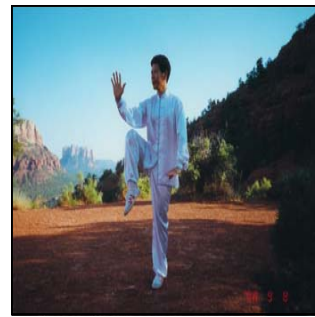
This program is open to all State employees. The cost is \$10 for a 15-minute massage and \$20 for a 30-minute massage.



Check the Wellness website for events scheduled in your county.

National StresStation will travel to worksites with at least 15 interested employees (and/or family members). Call National StresStation at 480-990-1701 to discuss having this program at your worksite.

## TAI CHI CLASS



**Wednesdays, January 9, 2008 —  
February 27, 2008**

**Dept. of Health Services**

**1740 W Adams**

**Basement Activity Room**

Beginner Class: Noon—1pm

Beginner/Intermediate Class: 1pm—2pm

Advanced Class: 2pm—3pm

Tai Chi is a natural solution to reducing stress and increasing activity level. Taught in the traditional format by Master Jesse Tsao, these classes include discussion about the practice and benefits of tai chi and step by step instructions on postures. Class fee is \$40, payable to instructor at the first class meeting. Dress comfortably.

### **REGISTRATION REQUIRED!**

Registration will be open from

**December 27th ~ January 7th**

Contact Wellness at: 602-771-9355 or  
[wellness@azdoa.gov](mailto:wellness@azdoa.gov)

**Please include: Name, Agency, Work phone, and the Class you are interested in.**

**Class size is limited to 15 participants and enrollment will be first come first serve!**





# wellness information

## MOM Mobile On-site Mammography

"Early detection is the best defense we have at this time for catching breast cancer in its earliest stages," says Catherine Midgette, Executive Vice President of MOM. "If we find the cancer in its earliest stages, the patient has a 97 percent survival rate." Mobile On-Site Mammography (MOM) travels to perform mammography screening at worksites across Arizona.

MOM will directly bill insurance. Benefit Options health plan members do not have to pay a copay at these events. (Other insurance plan members may have a copay. Check with your insurance's member services department for more information.) **Call MOM at 480-967-3767 to schedule your appointment.**

This service is generally provided on a request-basis. Call MOM at 480-967-3767 or 1-800-285-0272 to schedule this service at your worksite. There is a minimum of 25 people required. The M.O.M. van will be parked outside the following locations:

<b>January 3rd</b> ASPC Eyman, Florence 4374 E. Butte Ave. 9:00am-5:00pm	<b>January 7th</b> DMV, Mesa 1840 S. Mesa Drive 8:00am-12:00pm
<b>January 4th</b> Department of Education 1535 W. Jefferson 7:30am-12:00pm	<b>January 23rd</b> Supreme Court 1501 W. Washington, St. 121 8:00am-5:00pm
<b>January 4th</b> Department of Education 2005 N. Central 1:30pm-4:30pm	<b>January 24th</b> Supreme Court 1501 W. Washington, St. 121 8:00am-5:00pm

### What Services & Programs are Offered by Benefit Options Wellness?

The Wellness website has the complete list of screenings, classes and other programs available to be requested and scheduled at State worksites.

Wellness events are requested and coordinated by State employees at worksites. Most programs are available throughout Arizona. If you are interested in hosting a program at your worksite, visit the Wellness website to view what is available and learn

#### **"How To Request and Schedule Worksite Events."**

Event requests must be submitted online. Complete the brief form, including contact information and the event requested and hit "submit!" A Wellness team member will reply to your request.

[Online Event Request Form](#)



### Weight Watchers® at Work

The At Work Program® is a series of motivational meetings at the worksite designed to encourage safe, sensible weight loss and weight control. Each series lasts for 10 weeks and includes weekly 45-minute meetings. Meetings are facilitated by trained Weight Watchers personnel who themselves have lost weight and kept it off with the Weight Watchers program. Each meeting includes a quarter hour, confidential weigh-in followed by a half-hour meeting. Cost includes weekly meetings and written program materials.

**Cost:** Participants pay \$59 (Benefit Options Wellness pays the remaining cost of the class).

**Length:** 45-minute classes held during a 10-week series

**Participation:** minimum of 18 participants required



**Availability:** Weight Watchers can bring a series of meetings to your worksite at a variety of times throughout the day. Because the lunch hour is the most popular requested time, the Wellness Program encourages considering "off" times during the day. This will increase the availability of Weight Watchers to fulfill the request (such as before work, 10:00, 1:30, etc.).

#### **Additional options:**

- A current meeting series may be in session at an agency near you at any given time. Please call Weight Watchers for the schedule.
- For groups who cannot meet the minimum number of participants, Weight Watchers will start a group of employees who would like to attend regular meetings in their own neighborhoods.

**To schedule a series or find an existing series, write to [info@weightwatchersaz.com](mailto:info@weightwatchersaz.com) or call 1-800-651-6000, ext. 21. Please identify your agency when you call.**

Weight Watchers At Work Program series fees are non-refundable and non-transferable. Members becoming pregnant or relocating outside of Arizona during a series may be eligible for partial refunds.

Created and published by ADOA, Benefit Options Wellness Program

100 N 15th Ave, Suite 103 Phoenix, AZ 85007

[www.benefitoptions.az.gov/wellness](http://www.benefitoptions.az.gov/wellness)

email: [wellness@azdoa.gov](mailto:wellness@azdoa.gov), phone 602-771-9355

Persons with a disability may request accommodations by contacting the ADOA Benefits Office. If you need this issue in alternative format, please call 602-771-9355

**benefit options wellness!**  
**Be Well Stay Well.**